



Hello NAVSTA Everett Families!

Hello, Naval Station Everett families and Sailors! My name is Amber Lynn Daniel, and I'm Naval Station Everett's new Command Ombudsman. I've been a Navy spouse for a little more than four years, where I've enjoyed nine moves, survived two IA deployments, and embraced more crazy adventures than I have room to list. I'm sure you all have a few of your own, too – one thing about Navy life is that there is NEVER a dull moment! I'm thrilled to be stationed in the Pacific Northwest, and I'm looking forward to serving as your resource for everything NAVSTA Everett!

A little bit about me & my family - My husband, MA1 Michael Daniel and I have called Naval Station Everett home for just over two years, although during his last IA deployment, I did high-tail it back to Oregon for a job as a Marketing Director for a wildlife rehabilitation center. Michael re-

turned home from his IA last spring and currently serves as Operations Leading Petty Officer (OPS LPO for those that love those military acronyms) for the Security department, and I work as the Education AmeriCorps VISTA for the United Way of Snohomish County. We live in Lake Stevens with our three furkids, Sergio (a border collie-sheltie mix) Charlie (our one-eyed cat) and Cali (our 6-month-old ball of kitten fury). Like many that move to this area, we enjoy spending our time outdoors when the rain lets up, including motorcycle rides to the many small towns that comprise the Puget Sound, and touring area farmers markets. Thanks in part to some Lincoln spouses that adopted me during my husband's last IA deployment, I've also developed the rainy-day hobby of playing bingo. (Trust me, it's not just for old ladies!)

I'm looking forward to serving as NAVSTA Everett's ombudsman not only to help our command's families, but also to ensure that everyone has access to the resources they need. Many only reach out to their ombudsman in the face of crisis – but ombudsmen have so much more to offer! We have a wealth of resources, answers, and fun tools that can make all the difference



to families as they live this Navy lifestyle. Don't be afraid to reach out!

You'll soon learn that I've got lots of stories I love to share (what Navy family doesn't?) in hopes that others can learn from my own crazy adventures. I'll be sending out monthly newsletters like this one via e-mail, as well as staying in constant contact through Naval Station Everett's Facebook page. Make sure that you let me know that you want to stay connected by dropping me an e-mail at nseombudsman@hotmail.com

with your name and e-mail address. You can also fill out the informational sheet on the last page of this newsletter and drop it off with Command Master Chief Michael Schanche (located on the 3rd floor of building 2000). Whatever you choose, I want to be sure Naval Station Everett families have everything they need, so don't be shy – reach out!

Thank you for allowing me to serve you!

~Amber Lynn



A New Group For ALL Everett Area Navy Families...

“IA Connections”



Is your spouse or family member deployed as an Individual Augmentee? Are you feeling like the only spouse in Everett dealing with an IA deployment? Sick of feeling like you're all alone? We've got the group for you! It's more than just your standard support group - join our new IA Connections group and find everything an IA spouse (or family member) needs to not only survive but thrive during an IA deployment, led by a spouse who has been in your shoes. Come out and enjoy:

FREE CHILDCARE*!

Meet & Greet With IA Spouses & Family Members

Goodies, Snacks & Giveaways – *You deserve it!*

Guest Speakers – Specific to IA family topics

Care Package Tips – *Different locations mean different do's & don'ts!*

Resources & Information

Much, much more!

The group is led by Naval Station Everett's command ombudsman Amber Lynn Daniel, whose own husband has twice deployed on IA's. Talk with people who understand what you're going through, get ideas for how to stay connected to your loved one, and take some time away from your kids to just relax and connect with others! Whether it's your first IA or your fifth, you'll want to check us out. This isn't just another support group, this is THE group for IA families – so don't miss it!

Don't Miss The First Meeting!

Tuesday, November 16th, 7 p.m. to 8 p.m.

Naval Station Everett—Building 2000, Level 1

Follow the signs to the PSD Conference Room

Questions? Call Amber Lynn Daniel at (360) 340-4322 or Fleet & Family at (425) 304-3367

****Free childcare for ages 6 weeks to kindergarten is provided through the CDC. Preregistration is REQUIRED! Call (425) 304-3778 to register. Kindergarten & older may attend the Children of Deployers (COD) event at the NOSC. Attendance at COD also requires preregistration. Contact Bob Ford at (425) 304-3367 by November 12th to register.****



Suspicious TRICARE Calls – Be Aware & Keep Your Information Private!

Recently there have been a rash of phone calls to military personnel from individuals claiming to be with the DoD. These callers have requested information under the guise of it being a TRICARE national survey. *These calls are NOT legitimate TRICARE calls!*

The individuals receiving these so-called TRICARE calls have been asked for personal information including Social Security numbers, home address and dates of birth. Additionally, the caller has asked about deployment status and length of deployments. The national and local TRICARE offices do conduct surveys; however, they *never* request this type personal information. If you receive a call from anyone about TRICARE and believe it to be false, contact your local TRICARE office immediately.

This link contains added safeguard measures from the TRICARE website:

<http://www.tricare.mil/mybenefit/home/Medical/RightsAndResponsibilities/>

Important Phone Numbers At-A-Glance

American Red Cross
(425) 304-4476

Community Information & Referral
211

NAVSTA Everett Housing
(425) 304-3402

American Red Cross
(After Hours)
(360) 563-2047

Domestic Violence Hotline
1(800) 854-0638

Navy Exchange - Smokey Point
(425) 304-4447

Navy Lodge
1(800) NAVY-INN

Drug & Alcohol Program Advisor
(DAPA)
(425) 304-5603

Navy Legal Services
(425) 304-4551

Care Crisis Hotline
(425) 258-4357

DEERS
1(800) 538-9552

Navy-Marine Corps Relief Society
(425) 304-3203

NAVSTA Everett Chaplain
(425) 304-3342

ID Cards (PSD)
(425) 304-4256

Sexual Assault Prevention & Response
Victim Advocate
(425) 754-5977

Child Development Center (CDC)
(425) 304-3778

Fleet & Family Support Center (FFSC)
(425) 304-3367

TriWest Information Line
1(800) 874-9378

Child Care Resource & Referral
(425) 304-3951

Moral, Welfare & Recreation (MWR)
(425) 304-3909

TriWest Appointment Line
1(800) 404-4506

Commissary @ Smokey Point
(425) 304-3410

Naval Station Everett
(425) 304-3000

Resources On The Web...

www.navylifepnw.com – Great resources on everything happening in the Pacific Northwest, including information on MWR, IA Support, and so much more!

www.militaryonesource.com – A wealth of free information, as well as referral services for confidential, free counseling.

<http://militarymerits.com> – Get connected to Navy Region Northwest's best deals for military families on tickets, tours, and more!

www.northwestnavigator.com – The best source for all of your Puget Sound Navy news.

www.nmcrrs.org – Navy-Marine Corps Relief Society website, with information on every NMCRS program, including Quick Assist Loans, Emergency Loans and Grants, and Budget for Baby.

<http://www.cnmc.navy.mil/everett/index.htm> - Naval Station Everett's official website. Everything NAVSTA Everett is right here!



Ombudsman Topic Of The Month: Confidentiality



Family members may contact their ombudsman regarding many concerns. They may ask for information, guidance, referrals or they may just want to discuss their concerns with a caring person. Types of information an ombudsman hears may include:

- Marital problems
- Substance abuse problems
- Financial difficulties
- Parenting challenges
- Work performance issues
- Infidelity
- Violations of law
- Mental health disorders
- Medical issues

Ombudsmen do not discuss information disclosed to them by command families with other people, including their spouse or members of the Command Support Team (CST) unless that information falls under “mandatory reporting.” (See page 7 for more

information) Families should know that they can trust their ombudsman with their confidences. Every ombudsman adheres to the strictest code of confidentiality to protect the privacy of individuals and to maintain the credibility of the Navy Family Ombudsman Program.

Freebies & Discounts

Free stuff, discounts, and more - just for military members & their families!

JC Penney Offers Reduced Prices in Portrait Studios

JC Penney portrait studios are offering free sittings, a free 8 x 10 photo, and 50% off the total portrait purchase (no minimum purchase order required). For more information or to print off your coupon, check out:
<http://www.jcpportraits.com/offers/MilitaryOffer.html>



Free B&B Stay For Veteran's Day!



B&Bs and Inns are providing free rooms on Wednesday, November 10, in observance of Veterans Day, November 11, to honor servicemen

and women currently serving or who have previously served their country. Each B&B is making at least one room available on the night of Wednesday, November 10 (only) to active and retired military personnel. Availability is limited.

Find a participating location by visiting

<http://www.bnbsforvets.org/>

Eat Free At Applebee's On Veteran's Day!

Available during business hours on November 11, 2010 at participating Applebee's only. Dine-in from limited menu only. Beverages and gratuity not included.

Veterans and active duty military simply show proof of military service. Find more details at:

<http://www.applebees.com/vetsDay/default.aspx>



Need a Babysitter? Elder care? Dog Walker?

If you're in need of a babysitter but have been hard-pressed to find someone reliable, look no further than Sittercity.

Membership is now funded by the DoD, and takes less than 2 minutes to sign up. Sittercity currently assists military families in finding babysitters, nannies, certified CDH/FCC care providers, care providers who are authorized access to a specific military installation, elder care companions, dog walkers, housekeepers & tutors too! Activate your membership today at www.sittercity.com/dod



**Know a
great freebie
or discount?**



Let us know!

Send an e-mail to nseombudsman@hotmail.com and we will include it in the next newsletter.



Do you and your family know what to do in an EMERGENCY?

Many of us think we're prepared for an emergency, but are we really? In 2008, record cold storms hit Washington state, and many local military families

were stuck at home for days due to ice, snow, and dangerous road conditions. Don't let winter storms or other potential emergency situations catch you unprepared!

Preparing for an emergency includes making a kit of emergency supplies. You need enough supplies for every family member for **at least three days**, but it is always good to be prepared for even longer.

The main items to have in your kit include water, food, and first aid supplies. Depending on your family, you may also need special items for babies, prescription medications, or supplies for your pets. The list on the right will help give you ideas of things you should have in your basic emergency kit.

You may not be at home when disaster strikes, so make smaller emergency kits to keep at work and in your car. You also need a portable kit to take with you if you go to a shelter or evacuate.

The emergency kit fact sheet available online at http://www.cnic.navy.mil/navycni/groups/public/@pub/@hq/@eprp/documents/document/cnic_042014.pdf also provides detailed lists and tips of items to include in your kits, as well as links to handy checklists you can download from the sites of national emergency planning and response agencies.

Emergency Supply List

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days
- Manual can opener
- First aid kit
- Prescription medications
- Dust masks
- Personal sanitation supplies such as moist towelettes, garbage bags, and plastic ties
- Flashlight
- Battery-powered or hand-crank radio
- All hazards NOAA (National Oceanic Atmospheric Administration) weather radio
- Extra batteries
- Money
- Wrench or pliers to turn off utilities
- Local maps and your family emergency plan
- Your command muster information*
- Important documents

**If you or your family has been affected by a declared emergency, the Navy Family Accountability and Assessment System (NFAAS) allows affected members of the Navy family to report your status. If you are in a federal or military declared disaster area, log on to <https://www.navyfamily.navy.mil> or call the Emergency Coordination Center at 1-877-414-5358 or 1-866-297-1971 (TDD).*



Family members should be aware that not all communication with a Command Ombudsman is confidential. Safety and well being of every individual takes precedence over confidentiality rights. OPNAVINST 1750.1F requires mandatory reporting by all ombudsmen for the following:

- **All suspected child abuse/neglect**
- **Alleged domestic abuse**
- **Suspected/potential homicides, violence or life endangering situations**
- **All suspected/potential suicidal risks**

Mandatory reports are made to the CO and/or other designee, and to the respective agency or law enforcement.

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

-- MARK TWAIN

Save The Dates!

November 18th - Naval Station Everett Thanksgiving Potluck!

1100-1300 @ NOSC Drill Hall

Open to all NSE employees & their families (military and civilian). What to bring:

- N1 (Admin, CCC, Executive Suite, IG, and HRO): Salads and Fruit Trays
- N3 Ops: Relish Trays
- Port Ops: Potatoes/ Gravy
- Fire Dept: Veggie Trays
- Security: Rolls and Butter
- N6 & Legal: Desserts
- N7 & Navy College: Paper products
- N9: Hot veggies/ casseroles
- PSD: Yams/ sweet potatoes
- Public Works: Stuffing
- Honor Guard/1st LT: Drinks and Ice

NSE MWR will be providing the turkey and ham!

If you've got a Thanksgiving specialty, please bring it!

December 2nd- Naval Station Everett Holiday Party "A Navy Night To Remember"

1800-2300 @ Chopstix

Tickets go on sale November 1st

E5 and below: \$15; E6 and above (all civilians): \$20

After November 19th prices for all will be \$25

Presale for \$4 drinks (3 per person)

Dress attire is required (No shorts or jeans)

Questions? Contact:

AM3 Bucci (Training Dept.) 425-304-3292 or

Tanya Astorga (Command Suite) 425-304-3357

Holiday Mail Deadlines!

The U.S. Postal Service announced that the recommended mailing deadline for sending economy-priced holiday packages to service members in Afghanistan, Iraq and other places around the world is Nov. 12. Other deadlines for arrival by Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for Priority Mail and First-Class Mail, letters and cards; and Dec. 18 for Express Mail Military Service. Holiday packages and mail headed for Iraq and Afghanistan must be sent a week earlier than the deadlines above.

More important November dates for NAVSTA Everett families can be found at:

http://www.navylifepnw.com/Portals/Rainbow/images/default/pdfs/monthly_events/everett_events.pdf

Captain's Corner

Command Ombudsmen: The Navy's Unsung Heroes

By CAPT Michael Coury, Commander Naval Station Everett



Last September, Naval Station Everett (NSE) hosted the 40th Anniversary Ombudsman Appreciation Luncheon to honor the dedicated Navy Family Ombudsmen who continue to support service members and their families behind the scenes. Whether it is sending care packages to deployed ships, organizing holiday events for families at home, or just keeping families informed, an ombudsman is always around to provide comfort and guidance that is so crucial to quality of life and operational readiness.

The Navy Family Ombudsman Program was established September 14, 1970, by then CNO Admiral Elmo Zumwalt to recognize their important role. Although ombudsmen do not deploy, they have a very close tie to commands. They have both the ear of Navy leadership and the voice of the families. Appointed by the commanding officer, ombudsmen keep leaders in touch with a variety of

issues, from command climate to local community concerns.

The Navy is the only military service that has an official ombudsman program staffed by volunteers. Knowledge of Navy programs can be taught, but the heart of the volunteer is what has driven the success of the program. The spirit of volunteerism that comes from within each ombudsman is evident in their ability to inspire self-reliance and improve the quality of life for others. The ombudsmen seem to be everywhere, involved in everything, and ensure that they are getting the most up to date information and resources for their families. They are our problem solvers.

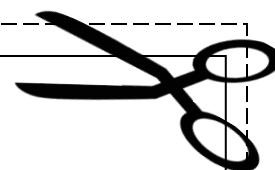
Our Naval Station Everett Ombudsman Assembly is made up of 22 active ombudsman supporting 18 separate commands, 13 of which are deploying/deployment support commands. Currently, 10 ombudsmen have completed Ombudsman Basic

Training here at Naval Station Everett, representing the Naval Station with its tenant commands and ships, and recruiting stations from Seattle to Alaska to Montana.

I am especially grateful to Naval Station Everett's new command ombudsmen this year, Mrs. Amber Lynn Daniel. Between our Sailors sent on an Individual Augmentee (IA) mission or Sailors receiving a change of orders at the last minute, it is critical that our ombudsmen be proactive and maintains constant engagement.

Thanks to the service of our ombudsmen, Navy families today are stronger and more self-sufficient. Every ombudsman needs the support of their command and in return, this command is proud to honor and support each of our Navy Family Ombudsmen.

Don't Miss Out!



Make sure you stay connected to your Naval Station Everett Ombudsman newsletter!

Name: _____

E-mail Address: _____

Fill out, cut out & return this form to the office of Command Master Chief Michael Schanche, 3rd Floor of Naval Station Everett Building 2000. You can also send an e-mail to nseombudsman@hotmail.com with the above information. Just type "Add Me To The Newsletter" in your subject line.